

# PREVENTIVE CARE CAN PAY \$25

Get a \$25 gift card\* for your wellness exam and health assessment.

The City of Tucson (COT) values the health and well-being of its employees. In fact, they provide many resources to promote wellness, including a dedicated Well-Being Coordinator, an Onsite Engagement Advisor, wellness discounts, wellness challenges and educational seminars, as well as a rich benefits package.



As a part of the COT 2016–2017 wellness program, complete a wellness exam and online health assessment, and you'll earn a **\$25 gift card!**\* You need to complete **BOTH**

steps by September 30, 2016 to earn the reward. This wellness campaign is designed to help you become more aware of your health status and build a relationship with your primary care providers. Participation and results are confidential and have no impact on your eligibility or coverage for insurance.

## Here's how to earn a \$25 gift card.

### Step 1

**Make an appointment for an annual preventive exam with your primary care provider (PCP).** This visit is covered at 100% in-network when the doctor's office codes it as "preventive." So, make sure to tell your doctor's office this is your preventive exam when you call and schedule your visit.

### Step 2

Bring the COT physician verification form with you to your exam. Fill out the top of the form, and your doctor will sign the bottom verifying your wellness exam.

### Step 3

**Scan and email your COT physician verification form.** Send it to Alma Villa (Alma.Villa@Cigna.com) by September 30, 2016.

### Step 4

Go to **myCigna.com** and take your online health assessment.

- Log in to **myCigna.com**
- Go to the "My Health" tab
- Click on the health assessment tile
- Get started

Once you have completed **BOTH** steps you will be eligible for your \$25 gift card.\* Please allow 6–8 weeks for processing.

## FAQs

### I don't have a PCP, what do I do?

It's easy to find a Cigna in-network doctor in your area.

- Go to **myCigna.com**
- Click the tab **Find a Doctor, Dentist or Facility**
- Click **Find a Doctor**
- Enter your current location
- In the Looking For field, type **Family Practice/Doctor, General Practice or Internal Medicine**
- Click the **Search** button to see all of the in-network doctors near you.

Together, all the way.®



## What if I have already had my wellness exam this year?

As long as it was on or after 1/1/2016, you can still get credit! Bring the COT physician verification form to your PCP's office; have them sign it and include the date of your preventive exam, and email it to **Alma.Villa@Cigna.com**.

## The deadline is September 30, but I don't normally get my wellness exam until November. What should I do?

Because of health care reform, there is no waiting period or calendar schedule that you have to follow for your preventive exam. Cigna covers in-network preventive services and immunizations without cost-sharing (deductibles, coinsurance and copays). As long as the doctor's office bills the visit as preventive, it will be paid at 100%.

## Are my spouse and/or dependent(s) eligible for this incentive?

Currently, only YOU, the employee, is eligible for this incentive. However, please encourage your spouse and/or dependent(s) also to have their preventive care visits.

## What if I'm not enrolled in the City's active employee medical plan, or if I am enrolled as the dependent of another active City employee or retiree?

We encourage you to take advantage of preventive services through your medical plan. While you are not eligible for this incentive, we value your health and hope you will participate in other wellness programs offered throughout the year.



**I am on the HMO plan and don't have a PCP, what do I do?**

- 1. Log in to [myCigna.com](https://myCigna.com)**
- 2. Click **Find a Doctor****
- 3. Click on the doctor that you are interested in**
- 4. You will see if the doctor is accepting new patients or not**
- 5. On the profile click on the link to add PCP**
- 6. When the PCP is being changed, the new PCP will not be effective until the first of the following month**

**You can also call 800.853.2713 for assistance with [myCigna.com](https://myCigna.com).**

\* One Visa or MasterCard gift card with completion of qualifying preventive care visit in-network by active employee primary subscriber, affidavit submitted, and completion of health assessment. Completion will be determined by the submitted COT annual physical form and the health assessment. Must be completed by September 30, 2016. Reward limited to one gift card per policy. Gift card fulfillment may take up to 6-8 weeks for processing. Not redeemable for cash. Cigna not responsible for lost or stolen gift cards. Please refer to the relevant merchant for additional terms and conditions which may apply to your gift card. Employee responsible for all related taxes.



Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). See your plan materials for a complete list of covered and non-covered services.

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